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Ayurvedic management in case of *Vishwachi* (Cervical Radiculopathy): A Case Report

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ABSTRACT

Cervical problems are very similar to *Vata Vyadhi* disorders. Thus, in the current investigation, in *Vata Dosha Janya Vyadhi* management by *Brimhana Chikitsa* is very effective. A disease known as *Vishwachi* has been described in *Ayurvedic Samhitas* as one of these illnesses. The symptoms of Cervical Radiculopathy, such as pain in neck region which is radiating to the upper limbs and sometimes restricted neck movements, have been explained in Internal Medicine books (Davidsons, Harrison). *Vishwachi* is a *Vataja Nanatmaja Vyadhi*. According to several *Acharyas Rujā, Stambhata, Todan, Karmakshaya, and Chestapaharana* of *Bahus* are symptoms that affects the cervical region and upper extremities. According to *Acharya Dalhana*, the treatment of *Vishwachi* is similar to *Gridhrasi*, a disorder that affects the unilateral or bilateral lower extremities and divided into two types: *Vataja* and *Vatakaphaja*. *Vishwachi* has symptoms which are comparable to Cervical Radiculopathy, a degenerative disorder of the cervical spinal part. *Nasya Karma* has been described as the treatment of *Shirogata Vyadhis*. *Dhatukshaya* is a main contributor of disease to the development of *Vishwachi*. Present study is an effort made to better understanding of disease and its management.

Key words: *Vishwachi, management, Ayurvedic, Nasyakarma*

INTRODUCTION

Vishwachi is a problem affecting the neck and upper part of the neck, with signs and symptoms similar to *Ruk, Stambha, Toda, Karmakshaya*^[1,2] and *Bahu Chestapaharana*.^[3] *Dalhana* believes that the condition is similar to *Gridhrasi* and has two types - *Vataja* and *Vatakaphaja*. In today's conditions, this disease compared to cervical Radiculopathy.

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Cervical radiculopathy is a condition caused by the cervical nerve roots insufficiency that causes pain from neck to the distribution of damaged nerves. Cervical radiculopathy usually has a self-healing clinical process, and the self-healing rate can reach 75%. Most pain due to neurological symptoms is associated with cervical radiculopathy, C6 and C7 are the most common level of root involvement; upper cervical radiculopathies (C2-C4) are less common. Cervical radiculopathy is characterized by discomfort from the neck to the damaged root. Pain can occur in many places and forms, and the dermatomal distribution of pain is not always clear.

The main aim of the treatment of this disease is to reduce pain so use as analgesics like NSAIDS, muscle relaxant and physical therapy due to the side effect of NSAIDS. People are turning to *Ayurveda* for better treatment. *Ayurveda* is considered to be one of the world's oldest medicinal systems in the world, Contains important information and strategies regarding

lifestyle, health, and disease management. *Vishwachi* is a form of *Vataja Nanātmaja Vikara*.^[5]

Nasya karma is one of the *Panchakarma* ailment used to treat related to treat *Urdhwajatrugata Vyadhies*. "*Nasa Hi Shirasodwaram*," means "the nose is the door to the *Shiras*".^[6] *Shiras* known as *Uttamang* in *Ayurveda* and the most important part of *Urdhwajatrugata Sharir*, that's why the *Nasya Karma* chosen as a treatment for this case, *Vishwachi*.

Patient's information:

A 50 years old male patient was clinically diagnosed as a case of cervical radiculopathy presented with the following chief complaints for 2 years.

Table 1: Chief Complaints

SN	Patients Complaints	Duration
1.	Pain in right hand	2years
2.	Numbness in right hand	2 years
3.	Tingling sensation in left hand	2years
4.	Tingling sensation in left leg	2years
5.	Constipation	1 year
6.	Lack of sleep	2 years

Progression of disease

According to Patient, he was well before 15-16 months after that gradually complaining of pain and tingling sensation in left hand and tingling sensation in left leg, lack of sleep with irregular bowel movement in the past 1 year.

Patient did get allopathy treatment for few months like NSAIDs etc but didn't find much improvement in symptoms. Then he came in to OPD of PTKLS govt ayurveda hospital Bhopal for ayurvedic treatment.

After going through the history, the patient was diagnosed as a case of *Vishwachi* (Cervical Radiocyclopathy). Here Line of treatment for Cervical Radiocyclopathy is *Snehan* and *Swedan* with *Nasya Karma*.

Family history: No any significant family history.

Past history: No such history

Personal history: *Ahara* - Mixed *Ahar*,

Vihara - *Sadharana*

Nidra - Disturbed *Vyasan* - Alcohol *Vyayam* - No.

Samprapti of Vishwachi

Vataprakopa arises as a result of many causes, and it moves all throughout the body, filling up *Snehadirahitarikta Srotas*, find *Khavaigunyas* and precipitate as *Sarvanga* or *Ekangavyadhi*. In *Vishwachi*, the *Prakupitavata* moves throughout the body, and making *Sthansamsraya* in the *Greeva Adhishthan*. In the same way that the *Khavaigunya* is in *Greeva*. *Vata* vitiated *Strotas Dusti* of *Kandara* of *Bahus Prishtha* and manifests *Vishwachi* symptoms as a resultant.^[7]

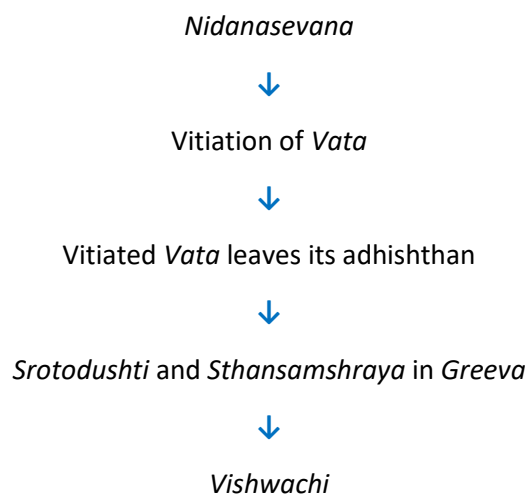


Table 2: Treatment

Type of treatment	Drug	Dose	Time of administration	Anupan
<i>Nasya Karma</i>	<i>Anu Taila</i>		21 days	
<i>Snehan</i>	<i>Vatashamak Tail</i>			
<i>Swedan</i>	<i>Dashmool Kwath</i>			
Internal medication	Tab <i>Ashwagandha</i>	1 BD	After food	Luke warm water

	<i>Rasnasaptak Kwa Th</i>	0 ml BD	1hr Before food	Luke warm water
	<i>Vatavidhwansh aka Rasa</i> <i>Sameerpannaga Rasa</i> <i>Ekangveer Rasa</i> <i>Sootshekhar Rasa</i> <i>Khurasani Owa</i> <i>Lajari Panchang</i>	(60 mg each) 360mg BD	Before food	Luke warm water
	<i>Panchsakar Churna</i>	5gm	HS	Luke warm water
	<i>Brahmi Vati</i>	1 bd	At bed time only	Luke warm water

OBSERVATION AND RESULTS

Observations: Observations are shown in table no 3.

Table 3: Observations of Nasya-Karma Results

SN	Observation	Day 0	Day 3	Day 7
1.	<i>Shiro Laghavata</i>	-	++	++
2.	<i>Sukha Swapnata</i>	-	+++	+++
3.	<i>Mano Shuddhi</i>	-	++	++
4.	<i>Sroto Vishuddhi</i>	-	++	++
5.	<i>Vikaropashamanam</i>	-	++	+++

Assessment of results on the basis of

1. Subjective parameters
2. Objective parameters

Subjective parameters

1. *Bahu Karma Kshaya* (pain and restricted movement of arm)
2. *Teevra Ruja of Tala Pratyanguli and Kandaras of Bahu and Prustha*

Table 4: Grading for different clinical features^{8]}

Radiating pain
0 - no pain 1 - pain when lifting heavy objects 2 - radiating pain occasionally felt, subsided by itself 3 - radiating pain felt on movements subsides on rest 4 - continuous radiating pain
Localised Pain
0 - no pain in shoulder region 1 - pain in shoulder region only on movements 2 - pain in shoulder region with slight movements 3 - continuous pain in shoulder region
Pricking sensation
0 - no pricking sensation 1 -occasionally felt pricking sensation in arms 2 - continuous pricking sensation in arms
Tenderness
0 - no tenderness 1 - tenderness on palpation without grimace 2 - tenderness on palpation with grimace 3 - tenderness with withdrawal 4 - tenderness with withdrawal for gentle touch
Restricted movements
0 - easy movable 1 - mild difficulty in movement 2 - can move with difficulty 3-cannot move.

Table 5: Evaluation after 30 Days

SN	Variable	Before Treatment	After Treatment
1.	Radiating pain	3	1
2.	Localised pain	4	2

3.	Pricking pain	2	1
4.	Restricted movements	3	0
5.	Tenderness	2	0

Objective parameters

Table 6: Brachioradialis reflex (Supinator)

Reflex	Before Treatment	After Treatment
Brachioradialis Reflex (Supinator)	+	++

DISCUSSION

In *Vishwachi*, *Sira*, *Snayu* and *Kandara* of the upper limbs and *Dushti* of *Asthivahasrotas* are affected. Due to *Nidana*, *Vyanavayu* from *Hrudaya* is destroyed and circulates in the upper limbs and gets *Stanasmshraya* in *Griva*. Here *Griva* affects *Amsa*, *Bahu*, *Prakasha* and *Hastatala*, causing severe pain in *Griva* radiating to *Amsa*, *Bahu* and *Hastatala*. In *Vatakaphaja* type *Rasadhatu's* participation also includes *Tandra*, *Arochaka*, *Agnimandya* etc. also causes symptoms.

Ayurvedic literature says that there is a very strong relationship between *Nasa* and *Shiras*. *Acharya Charaka* explains that *Nasa* is a *Shiras* door. In other words, it can be said that the medicine dripping from the nose can reach *Shiras* and cause intense energy. The same view is also given in *Ashtanga Sangraha* and explains that the medicine used by *Nasa* reaches *Shringataka Marma*, which is *Sira Marma* created by *Siras* giving *Nasa*, *Karna*, *Akshi*, *Jihwa*. *Acharya Indu* believes that it is located in *Shiraso Antarmadhyam*, which can be considered as the middle cranial fossa.^[9] The middle cranial fossa is the area connecting the ethmoid and sphenoid sinuses. The sphenoid sinus is connected to the nasopharynx below and the brain behind. The method of drug administration has its own importance in any medical treatment. From this information it can be concluded that *Nasya karma* is the best treatment for conditions like *Vishwachi*. *Snehana Nasya* brings *Snehana* effect with the product *Dhatuposhaka* and gives strength to all *Dhatu's*. It supports the neck, shoulders and chest and improves

vision. *Vishwachi* is a type of *Vatavikara* that arises due to *Dhatukshaya* (degeneration) in the *Greevakasherukasandhi* (cervical spine and intervertebral discs). This is best accomplished by nasal infusion of *Vatashamakaoushadha*. This was made by *Snehana* and *Brimhana Nasya* done using *Anu Taila*.^[10]

Nasyakarma also have huge effect at neuro endocrine level by absorption and transportation of the drug which are administered by nasal pathway could be transported with vascular path (nasal vein, ophthalmic vein, facial vein, Cavernous veinous) and lymphatic path along with olfactory nerve. The arachnoid matter sleeve is extended to the sub mucosal area of the nose, due to which the drug can reach the cerebro-spinal-fluid.^[11]

Mahavatviswanras opens neuromuscular communication and improves metabolic processes in the CNS and PNS. *Sameerpannag Ras* improves tissue oxygenation and regulates blood flow to the affected area; *Ekanvir Ras* supports the healing of damaged nerves and blood vessels. *Suthekhekhhar Ras* provides nutritional support for rapid recovery of damaged joints. *Lazari* has a regenerative effect on damaged nerves. *Khorasani Ova* worked on neurostimulation.

Ashwagandha has neuroprotective, immunomodulatory and anti-inflammatory effects. Due to its properties, it strengthens muscles and ligaments and improves health. *Ashwagandha* has been reported to be immunomodulatory and anti-inflammatory. *Snigdha* nourishes and strengthens all qualities due to its *Guruguna* and *Ushna Virya*. It has *Vikasiguna* which relieves spasms and joint pain. With the help of *Snigdhatata* it reduces the *Rukshata* of *Vata Dosh*; *Ashwagandha* has *Katu* and *Tikta Rasa*. *Katu Rasa* is called *Vatakaphashamak* and *Tikta Rasa* is called *Pittakaphashamak*. *Ashwagandha* has similar properties to *Vataghna*.^[12]

Rasnasaptaska Kwath works as an anti-inflammatory, analgesic and *Aampachaka* in properties, which can reduce symptoms of *Vishwachi*.^[13]

CONCLUSION

Disease *Vishwachi* and cervical spondylosis have similarities in etiology and clinical presentation.

Individuals in their fourth and fifth decades are most affected, often exacerbated by prolonged uncomfortable posture and work type and disease precipitated with the *Samprapti* of *Kshaya*. *Nasyakarma* and specifically *Snehana Nasya* is most effected in *Vishwachi* disease due to its complex activities like *Dhatuposhana*, *Vatashamana* and *Brimhana* properties. The rising prevalence is attributed to lifestyle factors. The study aimed to prevent neurological deterioration, halt further progression, and provide symptomatic relief to the patient.

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